



## AUGUST 1999 NEWSLETTER

### SVBC OFFICERS

President:	
Vice-President: Bob McGovern-Waite	828-0954
Secretary: Eric Aschenbach	574-2798
Treasurer: Marcia Lamphier	289-6712

### DOWN THE ROAD

Maybe I should call this article Down on the Road. A few years ago, I joined a distinctive club for cyclists - Cyclists That Have Kissed the Road Club. Our motto and chant was a big "OUCH", and our colors were black and blue, with road-rash red. Two weeks ago, my membership in the club was renewed. My unexpected and unsolicited re-initiation to the club was going down as I was rounding a curve to finish my 20-mile ride. I was only 100 yards from my car. Sliding across the hot, gritty pavement at a 20-mile an hour clip was a nasty experience. I'm healing nicely now, thank you.

This leads me to re-visit a familiar issue - bike safety (let me rephrase that - personal safety). All of us have heard about tragedies while riding. Yet, I still see (avid) cyclists riding without a helmet. [Hello, is anyone home?!?!] Years ago, I read an article in Better Homes and Gardens (yes, even BH&G discusses bike safety) about a ten-year old boy (without a helmet) who was almost killed in a bike accident. Due to head injuries, he

now has to wear a bike helmet 24-hours a day until his brain is completely healed. [Out-of-pocket medical bills for the accident were a substantial \$30,000.] Statistically, over 300 children under the age of 14 are killed and another 400,000 injured in bicycle-related injuries each year. That is just children. What about the number of accidents involving older riders? Did you know that wearing a helmet reduces the risk of head injuries by over 85%?! All of the officers of SVBC want you to know, "Please be safe and wear protective equipment while cycling."

Since we are quickly overtaking the mid-point of our cycling season, may I ask you how your cycling is progressing? Are your pedals getting easier to spin with your strong, healthy legs? Even though I'm riding fewer miles than I have in the past few years, I still feel like my legs and lungs are still as strong. My fewer miles and strong legs may be attributable to the fact that I now live in the mountains of southwest Virginia - Roanoke. Each time I go out for a ride, I have no choice

but to ride the mountains. I have come to the conclusion, which has been confirmed by local riders, that there are no more than three safe, flat road around Roanoke. You never know when you may have to move, so I suggest that you grab your bike and get outside and ride the flat to rolling hills of Rockingham County. I was back in Harrisonburg for Marcia's Mr. J's Ride a week ago. It was great to ride (46 miles) with laughter and fun. In another 30 days, the 8th annual Shenandoah Valley Bike Festival will be under way. I hope that you are planning to participate in the local event. I will be leading the Metric Century on Saturday, so join me for your first, second, or third metric century. Remember, in September most of the bike clubs in Virginia host their club's century. As a test for your progress and to keep up your training, join a great group of people and cyclists for the Bike Festival. Until next time, keep those pedals spinning.

Knicely

### UPCOMING MEETINGS

**August 9**            **6:00pm**  
                              **7:30pm**  
**August 18**         **7:30pm**

Pre-meeting ride starting at **Luigi's**.  
 Monthly meeting at **Luigi's**.  
 Century meeting at **Luigi's**. (After the Wednesday night ride.)

Mark's Bike Shop, Blue Ridge CycleWorks, and Mole Hill Bikes  
all contribute to the cost of the monthly newsletters.

Please support these local shops.  
(Also underwritten by R.R. Donnelley & Sons Company)

## WELCOME NEW MEMBERS

Linda Renfroe

Madison

## WELCOME BACK RETURNING MEMBERS

Rich Harris

Bridgewater

David Knicely

Roanoke

Daniel Neher

Harrisonburg

*Thanks to all the above for your continued support of the Club.*

## SVBC ACTIVITY COORDINATORS

<u>Century</u>	Art Fovargue	433-9247	<u>Newsletter</u>	Neups	434-1878
<u>Rides</u>	Bill Taylor	433-7154	<u>Time Trial</u>	needed	
	<u>Advocacy</u>	Len VanWyk	432-0138		
	<b>Web page</b>	<b><a href="http://www.math.jmu.edu/~vanwyk/svbc/">http://www.math.jmu.edu/~vanwyk/svbc/</a></b>			

## YELLOWSTONE AND THE GRAND TETONS

Well I finally got back out West after a seventeen year hiatus. After my 4am wake up call, I packed the car and headed to Dulles Airport. Another 5-1/2 hours later, I was in the Bozeman Airport awaiting shuttle transport to the high school, our stay for the night. After a filling dinner and some talk about the itinerary for the next day, we headed for our tents. Little did we know that the wind doesn't pick up until *after* sundown. I hardly got any sleep that night with the way the wind whipped the tent into a fluttering symphony. Oh, well, I only had a century to complete the next day.

After a two mile ride to the breakfast feast, I started off on my journey. The ride started nicely enough, with the wind at my back, but as soon as I took my first turn, the wind came at me. Another left turn a few miles later and the wind was again in my face. Would I be riding this whole day alone? After about twenty miles, I finally saw a group of three approaching. I gladly sat up and awaited their approach. Jumping on, I met Dan, Don, and Ed. All from around San Diego. Our group rode about 70 miles together. With the head wind, it was hard sometimes to tell if you were even drafting. And you

would swear the rivers flowed uphill. We had about 48 miles of that going into Yellowstone. Amazing.

The road reflectors sit on poles, one reflector about three feet up and another at six feet. I wondered why and was told it was for when the snows came. Snows plowed higher than your car. That must be something to see.

Near the end of the first day I saw my first bald eagle nest, with two birds in it. They could have been feeding a chick, but I couldn't tell. Then the last seven miles hit us. Again with the head winds. It was good to get into camp.

Day two took us into the guts of Yellowstone. After about an hour we were stopped by traffic. Soon we realized the traffic was stopped by a herd of about 200 bison! We saw the last ten come down the hill and head out into the road. The whole herd took the road for about two miles before rambling into the field and crossing a river. We also got to go over the continental divide twice and see Old Faithful erupt. We also got to FEEL the eruption as the wind swept some of the mist onto us.

Next stop, the Grand Tetons.

Neups

## ADVOCACY

Well, the ad hoc committee for revising the Harrisonburg bicycle plan has begun meeting; Art Fovargue and I are on it, together with various folks from the City. The committee is very supportive of bicycle improvements, and a very pleasant bunch. At the moment we are looking into implementing a test section (a loop utilizing Garber Church Road is being studied) while also revising the City's portion of the current plan, possibly rewriting it in the style (if not the scope) of the plan of Davis, California (the mother of all bike plans). So, if you haven't written a letter to the City Council supporting bicycling in the Burg, do so now; we will need your voice when it comes time to fund the plan.

I submitted articles to the next Common Ground and for the first Breeze (JMU's student newspaper) of the fall. The former is basically an informational letter about the current state of bicycling in Harrisonburg, while the latter provides reasons for students to ride as well as other bicycle-related advice. Copies of these articles can be found on the "advocacy" subpage of the SVBC web pages, which I updated recently (adding a page for the Bike Festival, among other things).

I also did some digging into how to apply for TEA-21 funding (the highway bill which provides up to 80% funding for - among other things - bicycle lanes and paths), and learned that new instructional brochures will be available in September, and that a "how to apply" workshop will be held in October or November. I have a bad feeling that sooner or later I will have to write an application myself, so if anyone is interested in helping, contact me.

Len VanWyk  
Advocacy Coordinator

## CLASSIFIEDS

FOR SALE: GT Pro Freestyle Tour, Cro-Mo frame, perfect condition, \$375 to start. Call 248-5810.

FOR RENT: Tricosports bike case/carrier. Good for transporting your bike on plane, train, or bus anywhere in the world. Contact Dick Wettstone at 434-9430 (work) or 433-4884 (home).

FOR SALE: Specialized Hard Rock 19" Mountain Bike. Excellent transportation. Grip shift with new rear derailleur. Recently serviced - new brake pads and chain, maintenance-free crank bearings. Call Jean at 432-9086.

FOR SALE: Post-Moderne brand suspension seatpost. Elastomer and coil spring compression, 40mm of travel, adjustable preload, nice seat clamp. 26.8mm diameter with a shim for 27.2mm frames. Take the sting out of those long mountain rides. \$45 OBO. Contact Eric at 574-2798.

FOR SALE: 1). Burley Samba Tandem, 21/18, Color: purple, 3 years old, ridden @250 miles, 4 bottle racks, computer, mirror, tire pump, kickstand, upgraded tires, seats, stems, and handlebars. Asking price \$1200.  
2). Yakima tandem bike rack and wheel fork mount with locks. \$225.  
3). Yakima rack system (not raingutter style) with locks & wind fairing, poles = 4 feet. \$175.  
4). Two single bike racks with lock jaw with locks. \$50 each.  
Contact Linda Elliott, [elliottlm@jmu.edu](mailto:elliottlm@jmu.edu), 540-289-6815 home, 540-476-2262 cell.

## WANNABES

Are you a C-pace rider (10 to 12 mph) who would like to become faster, smoother, and/or more efficient but you're not really sure how to accomplish your goals? Come out and join these rides. Together we will work, train, and have a good time on our bikes. We will talk about some of the ways that may improve your riding skills and your speed. We will share with each other our experiences and help each other to become better riders. The rides will start at a C-pace with a distance of about 10-15 miles. Periodically during each ride, the speed will be increased for a short time. These rides are learning/training rides but also FUN rides and at no time will anyone be dropped. So come out, train, and learn. We promise that everyone will learn at least one new way to improve your cycling skills. Call Bob McGovern-Waite at 828-0954 or Bill Taylor at 433-7154 for more information. Helmets are required on all **club rides**.

## SCHEDULE OF EVENTS

- TUESDAYS** 5:45pm Time Trials in Montezuma.
- WEDNESDAYS** 5:15pm. 1 1/2 hours at a B-pace. Meet at the parking lot at Harrisonburg High School. Call Marcia at 289-6712 for more information.
- THURSDAYS** 6pm Road Ride at Keezletown Elementary School. Fast and furious. Well, it used to be. Much scaled back, but still can be a good A ride, 18-20mph.
- SUNDAYS** 8am. Summer Road Rides. Dan Finseth will be leading rides from Bridgewater College, weather permitting. About 40 miles at a B pace. No one gets dropped. Call him for more information at 438-8063, e-mail dafinseth@rockinghamgroup.com, or Rich Harris at 828-2380, e-mail harrisra@jmu.edu.
- August 1-6 Moose Tour. Maine. Call 207-743-5993 or e-mail moosetour@ctel.net for more information.
- August 7** **Matt's Century Ride. A pace. Meet at Wilbur Pence Middle School at 7am. Includes Reddish Knob and Massanutten. Call Matt at 574-4652 for more information.**
- August 7** **Blizzard in August Ride. 8:30am. Wildwood Park, Bridgewater. 35 miles. Join us for the ride and we will celebrate August at the Dairy Queen after the ride. Contact Marcia at 289-6712 for details.**
- August 7 Dog Daze Century. West Chester, PA. Bicycle the roads of Pennsylvania and Maryland. Terrain is rolling, occasionally hilly. Call Ann Marie Sullivan at 610-644-3792 for more information.
- August 8-13 Tri-State Wheelers Bicycle Tour. Massachusetts, New Hampshire, and Vermont. Call 1-800-727-9711 for more information.
- August 14** **Matt's Mountain Bike Ride. 10am. Meet at the roadside parking 1.7 miles west of Riven Rock Park (33W). Two hours, riding to Fulks Run. Level ride on 4-wheel trails. Good for novice riders. Call Matt at 574-4652 for more information.**
- August 15** **Wannabe Ride. 12:30pm. Wildwood Park. Contact Bob McGovern-Waite (828-0956) or Marcia (289-6712) for details.**
- August 21-27 Cycle Vermont. Sponsored by the Adventure Cycling Association. Starts and ends in Burlington. Camping at Vermont State Parks. Call Neups for more information.
- August 21** **SVBC Annual Ice Cream Ride. 10am. Kline's Dairy Bar. Call Neups at 434-1878 for more information.**
- August 21 Stone Bridge Century. Hagerstown, MD. Crosses fourteen stone arched bridges. Metric century also offered. Call 301-733-3067 or e-mail bee@intrepid.net for more information.
- August 28 SERVE Ride. Manassas. Six to 100 miles. Call 202-508-5172 (daytime) or e-mail khall@eei.org for more information.
- August 28 20<sup>th</sup> Annual Sternwheel Regatta Bicycle Tour. Charleston, WV. Call Neups for more information.
- August 29 Williamsburg Barbeque Ride. Sponsored by the Lions Club for their Journey for Sight crusade. Call Neups for more information.
- September 5* *The 11<sup>th</sup> riding of the Tour de Valley Century. Great ride. Great party afterwards. See their web page at <http://cfw.com/~ringgold/mpzero.htm> or call Neups for more information.*
- September 11 13th Annual Amish Country Tour. 15, 25, 50, 62, and 100 miles. Post ride feast for all riders as they are entertained by some local bands. Their web site address is [http://www.delanet.com/~kimmik/ACT\\_Home.html](http://www.delanet.com/~kimmik/ACT_Home.html).
- September 12** **17<sup>th</sup> Annual Shenandoah Valley Century!**
- September 18 9<sup>th</sup> Annual Maryland Wine Festival Bike Tour. Westminster, MD. Sponsored by the ALA. Call 1-800-642-1184 for more information.
- September 18 Rappahannock Rough Ride. To benefit the Fauquier Free Clinic. Call 540-347-0394 or e-mail kfk01@citizen.infi.net for more information.

September 18	9 <sup>th</sup> Annual Adams Apple Bike Ride. Gettysburg, PA. 25, 50, or 100 miles. For a registration form or more information, call 717-334-8151.
September 25	2 <sup>nd</sup> Annual Bike Shenandoah. EMHS, Harrisonburg. 100, 62, 30, 15, and 5 mile options. Call John Kerider at 574-4873 or e-mail him at bikeshen@aol.com for more information.
October 2-16	Mountains to the Sea. The cross-state recreational bike tour. Murphy to Manteo, NC. Choose from 14-, 7-, 6-, and 1-day options. E-mail ncas@interpath.com for more information.
October 9	11 <sup>th</sup> Annual Sea Gull Century. Salisbury State University, MD. Limit 7,000.
October 9-10	MS150 Shenandoah Valley Classic. Middletown to <b>Harrisonburg</b> . Call 1-800-FIGHT MS for more information.
October 15-17	32 <sup>nd</sup> Hilly Hundred Weekend Bicycle Tour, Bloomington, IN. Call Neups for more information.
October 16-17	The American Lung Association of the District of Columbia is sponsoring its SECOND ANNUAL CAPITAL CITIES BIKE TREK to combat lung disease. For more information call them at (202) 683-LUNG (5864) or e-mail them at info@aladc.org.
October 23	Between the Waters Bike Tour. Cape Charles, VA. Benefits Citizens for a Better Eastern Shore. Call 757-678-7157 or e-mail cbes@esva.net for more information.
October 29-31	Bike Virginia Fall Foliage Bike Festival. Staunton. Call 757-229-0507, or e-mail bikeva@bikevirginia.org for more information.
Various	Ultimate Bicycle Tours has a variety of trips this year, including Alaska, Russia, and China. Call 1-800-347-6136 for more information.
June 2-July 7, 2000	Bike South 2000. Tallahassee, FL to Charlottesville, VA.

## DUES

Remember to pay your dues when the date on your mailing label is either highlighted or marked through. The newsletter deadline is the third Monday of each month, so have your check in before then.

## MEMBERSHIPS EXPIRING AUGUST/September

<b>Eric Aschenbach</b>	<b>Glen Heatwole</b>	<b>Dan Neher</b>	
Sharon Babcock	Robert Brookshire	Sandy Brownscombe	Robert Byrd
Judy Freudenthal	Steven Hottle	Ken & Sylvia Isaacson	Bill McAnulty
Brent & Judie McNett	Bill & Ellen Painter	Hank Schiefer	Mahlon & Alice Webb
Olivia Gibboney	Thomas Jenkins	Alice Stecker	Vicki & Steven Wise
Clara Ziegler			

REMEMBER that the Newsletter is available for delivery via e-mail, fax, or regular mail. The same can be said for articles submitted for the Newsletter. The deadline for articles is the second to last Monday of the month. Just e-mail to Neups at [neups@shentel.net](mailto:neups@shentel.net) or fax articles to 564-9505. You may use the Club's P.O. Box 1014 for regular mail. Thanks.

REGISTRATION FORM - Shenandoah Valley Century  
Sunday, September 12, 1999  
ANSI or SNELL APPROVED HELMETS ARE REQUIRED

Name (s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Tour distance (check one) 25 mile \_\_\_\_\_ 50 mile \_\_\_\_\_ 100 mile \_\_\_\_\_

Cost \$8/person (must be postmarked by 9/7/99 or received by 9/11/99; \$10 thereafter) \$ \_\_\_\_\_

\$20/family (3 or more members) \$ \_\_\_\_\_

RELEASE: In consideration of the Shenandoah Valley Bicycle Club sponsoring a tour on the above date, I state:

1. I shall be \_\_\_\_\_ years of age on 9/12/99 and have no physical or other limitations preventing me from riding a bicycle on this tour. Furthermore, if I am under 14 years of age, I will ride with an adult over 18 years of age. Name of adult \_\_\_\_\_
2. I have inspected my bicycle for this tour and I know it to be in reasonably good and safe condition for this tour.
3. I have adequate and reasonable knowledge of what is prudent and safe bicycle riding and shall ride in that manner, for my own protection, and for the protection of others.
4. I agree to check in with those operating the tour at the end of my ride so that they will know when I am finished on the tour route. Furthermore, if I quit my ride on the tour before completion, I agree to inform those operating the tour that I am finished.
5. In signing this release for myself, or for the named entrant, I understand that the Shenandoah Valley Bicycle Club, club officers, club members, the League of American Bicyclists, the City of Harrisonburg, and any others connected with this event are not responsible for, and are not insurers of, my personal safety during the ride. I recognize that bicycling on the roads may be hazardous and that various dangers such as rough roads, railroad tracks, etc. may be encountered.
6. In case of cancellation due to means beyond our control, a full refund cannot be guaranteed.

I thus release the above organizations and their officers, employees, and members and agree to absolve and hold them harmless from any and all liabilities arising from my having sustained any property damage or personal injury by reason of their negligence in participating, sponsoring, planning, or arranging this event. I shall abide by all traffic laws and practice courtesy and safety in bicycling. I shall wear an ANSI or SNELL approved helmet.

Signature of rider: \_\_\_\_\_

Signature of Parent or Guardian

if rider is under 18 years of age: \_\_\_\_\_

ALL PARTICIPANTS MUST COMPLETE AND SIGN THIS RELEASE. THIS REGISTRATION FORM WILL NOT BE HONORED IF THE RELEASE IS NOT SIGNED.

Mail form and check payable to Shenandoah Valley Bicycle Club to

SHENANDOAH VALLEY CENTURY  
c/o Art Fovargue  
210 Monument Ave.  
Harrisonburg, VA 22801

## Five Comebacks to "Bikes Don't Pay the Gas Tax"

By Noel Weyrich  
Director of State and Local Advocacy  
League of American Bicyclists

Sooner or later, every bicycle advocate hears it: "Why should cyclists get any special consideration in road design? They don't pay the gas tax!"

Of all the commonly held misperceptions about cycling, the idea that "bikes don't pay their way" is probably the most destructive, because it paints the cycling public as a hoard of freeloaders who are lucky not to be banned from the highways altogether. It may well be the source of all that anger manifest in motorists who harass us with profanities or deliberately buzz by too close for comfort. It is a myth nurtured by highway officials seeking a handy rationalization for not doing more for us. And I have personally heard it muttered in our own ranks, as a cause for resigning ourselves to the bottom of the transportation pecking order!

Well, as Mark Twain was fond of saying, "It's not what we don't know that gets us in trouble. It's what we know for sure that just ain't so!"

A closer look at the facts, of course, shows that it is motorists who are not pulling their weight in terms of infrastructure carrying costs. Cyclists, by contrast, probably pay more than their fair share, when you consider all forms of taxation and add in our negligible contribution to road wear and tear.

So, next time you're accused of being a "highway freeloader", here are five snappy retorts to knock 'em back on their heels and make 'em think twice before ever raising the issue again with anyone:

1. Cyclists do pay the gas tax. Although many cyclists lead "car-free" lives, the vast majority of cyclists own automobiles and pay all the corresponding state and federal gasoline taxes that contribute to road building and maintenance. Just because we pay these taxes through fuel consumption doesn't mean we're "voting" for automotive supremacy. People pay these taxes, not their automobiles, and a significant portion of these people are cyclists as well as motorists. They pay the tax to ensure safe roads for everyone.
2. Accommodating cyclists benefits motorists. Motorists are happiest when they can pass slower moving cyclists with ease. Substandard lanes and inadequate shoulder widths create dangers and frustrations for cyclists and motorists alike, while good design for bikes always improves traffic flow for motorists.
3. Most so-called bicycle improvements contribute greatly to overall highway safety. Wide right lanes and paved shoulders provide vital recovery areas for motorists, especially late at night when inebriated, tired or otherwise impaired drivers cause so many accidents. The growing numbers of elderly drivers need wide right lanes and paved shoulders to compensate for problems in depth perception that can accompany advancing age. A road made safe for cyclists is safe for everyone.
4. The liquid fuels tax does not even begin to pay for the entire cost of driving. It is commonly estimated that gasoline would be priced between \$4.50 and \$7.50 per gallon in order for a fuel tax to recover what the automobile costs society. This includes the real maintenance costs of highways, law enforcement costs, emergency services, motor oil pollution in storm water runoff and dozens of other buried costs. More importantly, bicycles do not cause any of the bridge and road surface deterioration brought on by motor vehicles in general and overloaded trucks in particular.
5. The public right-of-way is not the private preserve of any one group. Remember, most public rights-of-way, especially in the East, predate the automobile. In any event, safe passage on a public right-of-way is not the exclusive privilege of motor vehicles. Accordingly, design decisions should accommodate all transportation modes legally entitled to use a given road. Under a variety of conditions, to varying degrees, wide right lanes, paved shoulders or bike lanes can help accomplish this socially equitable objective. Who pays or doesn't pay hardly enters into it.

The gas tax argument is a red herring, one that's long overdue for the filet knife.